

What is your money attachment style?

Instructions:

For each question, choose the answer that feels most true for you.

1. When you check your bank account, how do you usually feel?

- A. Anxious or worried, even if things are okay
- B. I avoid checking it unless I really have to
- C. It depends—I go between checking obsessively and avoiding it
- D. Calm and aware of where I stand

2. When an unexpected expense comes up, what is your first reaction?

- A. Panic or stress about losing money
- B. Ignore it or delay dealing with it
- C. Feel overwhelmed—part of me wants to deal with it, part of me shuts down
- D. Take a breath and figure out a plan

3. How do you approach spending money on yourself?

- A. I feel guilty or worry I shouldn't spend
- B. I spend without thinking, then avoid looking at the consequences
- C. I go back and forth—either overly restrictive or impulsive
- D. I spend consciously and feel okay about it

4. How do you feel about earning or receiving more money?

- A. I want it, but I worry it won't last or I'll lose it
- B. I don't really think about it or take action toward it
- C. I want more, but something feels uncomfortable or blocking me
- D. I feel open and capable of earning and receiving more

5. Which statement feels most like you?

- A. I'm always worried about money, even when I have enough.
- B. I'd rather not think about money at all.
- C. I feel conflicted about money—it stresses me, but I also avoid it.
- D. I trust myself to handle money and make good decisions.

Your Results

Mostly A's → Anxious Money Attachment

You may feel constant worry or fear around money, even when things are stable. Your focus is often on losing money or not having enough. This means money doesn't just feel practical, it feels emotional. Even when your finances are stable, there can be a persistent undercurrent of worry. You may be financially responsible on the outside, but internally, it doesn't feel calm.

Mostly B's → Avoidant Money Attachment

You may disconnect from money altogether, avoiding finances, planning, or long-term thinking. Money may feel overwhelming or easier to ignore. This means money doesn't feel like something you actively engage with, it's something you tend to disconnect from, delay, or push away. So instead of leaning in, your pattern is to pull away.

Mostly C's → Fearful-Avoidant Money Attachment

You likely experience a push-pull dynamic with money, wanting control and security, but also feeling overwhelmed or avoidant. This can lead to inconsistent patterns. This can show up as periods of being highly organized, followed by complete avoidance. It can feel like: I know what I should be doing... so why am I not doing it?

Mostly D's → Secure Money Attachment

This means money doesn't control you emotionally and you operate from grounded awareness. You feel clear, and capable in how you relate to money. Money is not something you fear or avoid. It's something you engage with consciously. This sounds like: I trust myself to handle money and whatever comes.